

How to stay healthy during lockdown?

Keeping a routine is essential.

It is good to go and cycle on your bike. Cycling exercises your body and keeps you fit. You could go with your family and it is actually quite fun!

I go to the local park to cycle and it is so pretty and relaxing.

Signing into Mrs Haria's weekly yoga zoom call is really good for your body and mind.



How to stay healthy during lockdown?

You should go for walks once a day or twice a day. To stay healthy you should eat lots of fruit and vegetables as well as drinking lots of water and milk.

You should do lots of work to stay healthy like helping around the house. You should eat healthy food so you don't get sick.



How to stay healthy during lockdown?

To stay healthy you should stay at least two metres apart from people when you are away from your home. Also, it is so important to always wash your hands with soap and water and sing the “happy birthday” song twice.

If you want to become clever you could try lots of puzzles and games. It keeps your mind busy.

Reading plenty of books like Rainbow Magic, Roald Dahl ,Horrid Henry or David Walliams can keep your mind occupied and take you into a different world.



How to stay healthy during lockdown?

Talking to your friends and family keeps you happy.
You can video call them like on a Zoom call.

Creative work like art keeps you engaged and it is really enjoyable!

Get a deal fresh air outside in your garden!

Keep your brain thinking by doing lots of work with your mum and dad.

It's really important to get plenty of sleep.

